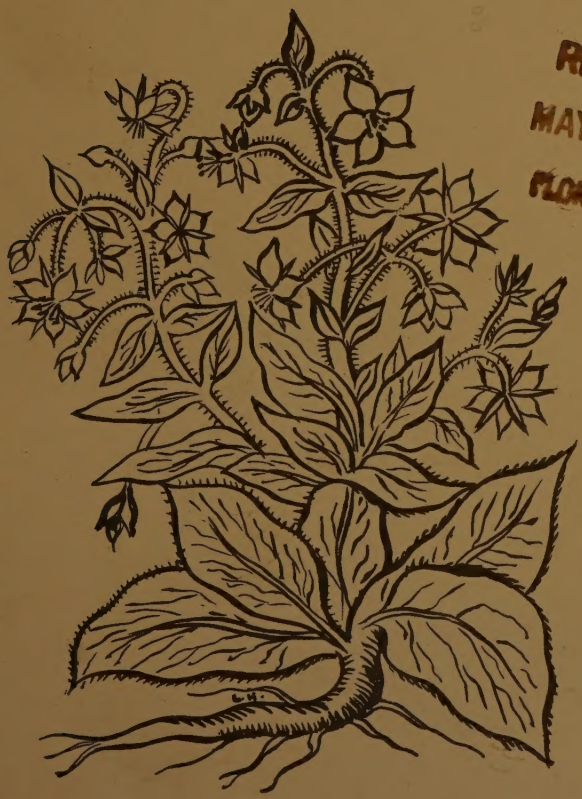
MISSOURI BOTANICAL GARDEN BULLETIN



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FLORICULTURE

Borage

Herbs and Their Uses

Prepared by the *St. Louis Herb Society*

Emily Dingeldein, Virginia Schreiber, Charlotte Osborn, Alice F. Tryon, Catherine Kieffer, Jane P. Blank, Reka N. Fisher, Emilie Schemm, Mary E. Baer, Edith Baron, Meredith Carson, Isabel Adreon, Louise Horwitz

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COVER: Borage, an original drawing by Louise Horwitz.

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Missouri Botanical Garden Bulletin

Vol. XLIV MAY, 1956 No. 5

SALAD BURNET
(*Sanguisorba minor*)

THERE are three Burnets. Two belong to the Rose family, and the other, "Saxifrage Burnet," to the Carrot. The Salad Burnet is of the Rose family and is the "lesser" Burnet.

Our Burnet of interest is a perennial, putting out new pinnate leaves every year. Its leaves are small, dainty, with a picoted edge. They are borne on slender stems. Both flower and leaf stalk are a deep crimson color. It is neat in habit and ferny in appearance; good for edging the perennial border. The leaves have a pleasant cucumber flavor and should be cut when about 4 inches tall.

It is best to sow the seeds as soon as they ripen in the autumn, or to propagate by division of the roots in the spring. Choose a dry sunny position for the bed, and if the soil is deficient in lime, fork in a little before sowing.

The Salad Burnet is common in dry pastures and by the wayside. It forms much of the pasturage in England and was cultivated in Germany for the same purpose. Its great advantage is that it remains green all winter and provides food for sheep; they are especially fond of it.

In the herb gardens of olden days, Salad Burnet had its place. Gerard says, "'tis pleasant to be eaten in sallade, in which it is thought to make the hart merry and glad."

Oscar of the Waldorf gives us the following recipe for "Fine Herbs Vinegar."

> "Take equal quantities of Tarragon, Burnet, Chervil and Cress, all of which should have been gathered the day before. Fill a wide-mouthed bottle or jar with this, adding also two cloves of garlic and a green pepper. Cover the whole with vinegar, cork the bottle tightly, and place it in a warm temperature for a fortnight. Strain the vinegar through a fine hair sieve, pressing the herbs well. Then filter through paper until quite clear. Pour into bottles and keep tightly corked."

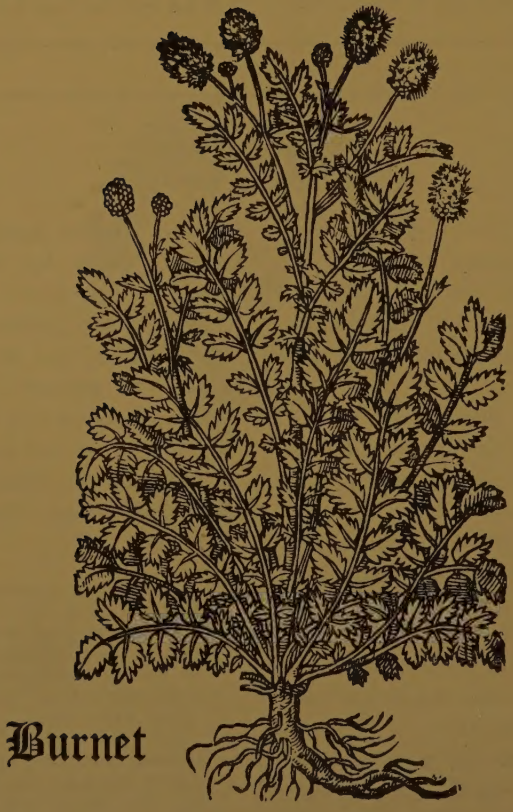
Try Burnet:

As a garnish on meat instead of parsley.

As a garnish on canapes, a single leaf is effective.

As an ingredient in summer salads for its pleasant cucumber flavor.

EMILY DINGELDEIN



GERARDE, 1636

SWEET MARJORAM

(*Origanum majorana* or *Majorana hortensis*)

THE small, dainty erect gray-green plant of Sweet Marjoram does not attract immediate attention in the herb garden, but it is one of our most indispensable plants. The highly aromatic leaves are widely used, both for industrial and for culinary purposes. Growing to a height of about ten inches, the square reddish-brown central stem is covered with tiny branches; the tip of each branch ending in a small knotted ball of shutter-like leaves. Tiny creamy white flowers begin to peep through these shutters in early August, at which time the plant is ready to harvest. Usually two cuttings may be made in a season.

Sweet Marjoram seed are very tiny but may be sowed outdoors as soon as the ground is warm. Germination is good but slow, taking from twelve to twenty-one days. After danger of cutworm is over, the plants should be thinned to about five inches apart. A sunny, well-drained, chalky soil is best. While Sweet Marjoram thrives inside in pots, the leaves lose some of their aromatic quality. The plant is drought-resistant, which is a boon to St. Louis summers. Sweet Marjoram is a perennial but must be treated as an annual in the North.

Marjoram, "joy of the mountains," has been regarded as a symbol of happiness through the ages. Sweet Marjoram comes from Portugal and was introduced in England during the thirteenth century. There are some thirty varieties of Marjoram known in Europe, the three most common being Wild, Pot, and Sweet or Knotted. Sweet Marjoram has the most delicate flavor for culinary use.

Fresh or dried, there is nothing superior to the leaves of Sweet Marjoram for culinary use. Incredibly fragrant, it is an entity in itself, yet enhances the flavor of other herbs used with it, especially thyme. Sweet Marjoram improves almost any recipe using beef—meat loaf, stew, steak, roasts, and meat sauces. Nothing can replace it in turkey or chicken stuffing or in potato soup. The chopped fresh leaves add to the flavor of green peas and tossed salads.

A Good Herb Mixture to Keep on Hand for Seasoning: Equal parts Marjoram and Winter Savory, with half-quantity Basil, Thyme and Tarragon, all rubbed together and kept air-tight.

Home-made Sausage: Mix two pounds of coarsely ground lean pork with one pound of pork fat; work all together with hands, adding salt, red and black pepper, Sweet Marjoram and Thyme. Keep cool.

Pork Tenderloin with Herbs:

2 small pork loins—salted and peppered
1 onion sliced thin
1 cup orange juice
1 tbsp. sugar
Sweet Marjoram, Thyme, Rosemary.

Cook at 325° until tender, basting rather often.

VIRGINIA SCHREIBER

OREGANO

(*Origanum vulgare*)

PRONUNCIATION of the name of this herb and the identification of it have caused much confusion. Some authority may be found for each of these pronunciations: O-*rig*-an-o, O-*reg*-an-o, O-ri-*gan*-o. Identification has been much more difficult. It has been said that the plant which established itself in our country as a hardy perennial is a kind of Wild Marjoram; which kind no one seems willing to say. Our Wild Marjoram is said to lack the flavor and the aroma of the imported herb; the latter may be grown here. What Parkinson had to say centuries ago may still be said, "There is so much controversy among the moderne writers about the two herbs, sweet and wild. The rest are all mussed up in gardens, their natural places not being known".

In the past plant names have varied from time to time and from place to place. For example, once the names for Wild Marjoram and Sweet Marjoram had something in common: *Origanum vulgare, Origanum majorana;* today, they have nothing in common: *Origanum vulgare, Majorana hortensis.* We can see how the names Oregano and Marjoram came into common use.

To enjoy Oregano to the fullest, buy some of the imported kind and use it in cooking. This brings out the flavor and aroma, and points up the relationship to Sweet Marjoram. When sprinkled on roasting or broiling meat the resulting fragrance is very like that of Sweet Marjoram; the flavor is similar, too. Then we understand and take delight in the ancient Greek description of Oregano. "Joy of the Mountain."

The American Spice Trade Association of New York (1950) says that Oregano is grown mostly in Italy and Mexico, that it is a seasoning essential to chile-con-carne, excellent when sprinkled in meat sauce for spaghetti, fine for omelet or boiled eggs, beef stew, meat sauces, and a good flavoring for pork dishes. According to *Gourmet Magazine,* Oregano is an "important ingredient in most Italian dishes including pizza, veal scallopini and all the pasta sauces . . . for pork, Mexican chicken, and chili dishes."

Broiled Steak: Before broiling, smooth a few drops of olive oil into each side of steak, brush with melted butter and Oregano (1 tbsp. fresh or 1 tsp. dried). After broiling, dust lightly with freshly ground pepper and garlic salt.

Broiled Beef Tongue: Slice a cooked tongue. Arrange in a shallow pan. Brush with melted butter and Oregano. Broil till brown. Repeat for other side.

Roast Chicken: Halve broilers. Brush with melted butter, sprinkle with Oregano and pepper. To the juice of two lemons, add 1 tbsp. fresh Oregano or 1 tsp. of dried Oregano, and ½ c. of butter, which has been melted and lightly browned. Pour mixture on chicken. Bake at 400 degrees until done. Baste often. Garnish with parsley.

CHARLOTTE OSBORN

A MATTER OF THE MINTS

THE true Mints or Menthas are aggressive even in St. Louis gardens. Many stems are produced just under the surface of the soil which not only spread the plants but adapt them to our searing St. Louis summers. What are the kinds of Mints? This matter furrows the brows of gardeners and botanists alike and a ninth-century writer claimed: "There are as many Mints as there are sparks from Vulcan's furnace." Today we believe that there are about twenty-five species but myriads of sparks because the species interbreed.

I have found ten of the species in St. Louis gardens plus an additional half-dozen varieties. Two of these were introduced by our members. Where several kinds of Mints have flourished for a while the gardens are sparkling with hybrids.

Keys are used to identify plants and are so named because they unlock the identity. Using a simple key is something of a game certainly not more strenuous than Bridge or Scrabble. The following one was prepared from the Mints in St. Louis gardens. For each of the paired letters you make a choice then go on to the next pair until you end with a name.

KEY TO THE MINTS

A. Plants forming creeping mats; leaves less than 3/8" broad ..... Pennyroyal
A. Plant erect; leaves more than 1/2" broad ..... B
B. Leaves with long stalks about 1/3 the length of the blade C
C. Flowers clustered at stem tip or just below ..... D
D. Peppermint-scented; flower clusters spike-like ..... Peppermint
D. Lemon-scented; flowers in short heads ..... Bergamot or Orange Mint
C. Flowers clustered among leaves on much of the stem ..... E
E. Leaves egg- or diamond-shaped ..... F
F. Leaves with yellow patches ..... Goldenapple Mint
F. Leaves entirely green ..... Field Mint
E. Leaves lance-shaped ..... Anderson's Mint
(cross of Spearmint & Field Mint)

B. Leaves without stalks or with short stalks ..... G
G. Leaves woolly or velvety ..... H
H. Leaves roundish, about as broad as long, woolly I
I. Leaves entirely green; plants tall ..... Woolly Mint
I. Leaves variegated; plants small, creeping ..... Pineapple Mint
H. Leaves 2 or more times longer than broad, velvety ..... European Horsemint
G. Leaves scarcely hairy or with no hair ..... J
J. Leaves oval to egg-shaped ..... Mrs. Schemm's Kentucky Mint
(cross of Woolly & Spearmint)
J. Leaves diamond- to lance-shaped ..... Spearmint
(a crisp-leaved Spearmint is common)

ALICE F. TRYON

TARRAGON

(*Artemisia dracunculus*)

FRENCH Tarragon is a perennial which grows to a height of about two feet. It has aromatic leaves which are long, narrow, and undivided. It blossoms in August. The small yellow-and-black flowers appear in round heads, bouquet type. The roots are runners, long and fibrous. There are two kinds of Tarragon: French and Russian. The French Tarragon has smooth, dark green leaves and fine flavor. It is native to southern Europe. The Russian Tarragon, an annual, has less smooth leaves, is of a fresher green shade, and has a bitter taste. It is a native of Siberia.

French Tarragon rarely, if ever, produces fertile flowers in this country, and thus it is not raised from seed. It is propagated in two ways: first, by root division, done when the spring growth is about two inches high. Lift the entire plant carefully to separate; allow two shoots to each root. Second, cuttings may be struck when new growth on plants is about four inches long. Root in clean, sharp sand. Set out before August or the plants will not survive the winter. A few young plants should be raised each year to keep a supply. The plant must be divided every third year to disentangle the mass of shallow roots.

Tarragon succeeds best in a warm, dry situation. It likes sunshine, with a little shade, and thrives in well-drained, rather poor soil. It needs some protection in the winter. This winter three out of four plants in our garden survived. Last fall we mulched the plants with leaves. This spring we added lime and well-rotted cow manure.

My first crop of green leaves is picked in late June or early July, when my best vinegars are prepared. My second crop, harvested in August when the buds begin to open, is used for drying.

To dry, pick the leaves, remove defective ones, wash, place on a wire mesh to drain. Air must circulate above and below drying herbs. Dry at about 80° temperature for several days. When thoroughly dry, pulverize and bottle tightly. Observe for several days to be sure that no moisture appears to create mold. Fresh Tarragon possesses an essential, volatile oil, chemically identical with anise. This oil is lost in drying the herb.

To some, Tarragon is synonymous with salads, but its use is far more extensive. I use it with egg dishes, chicken, mushrooms, and in cream sauces. I frequently use it in combination with Rosemary, Parsley, and Thyme in a butter sauce for fish. Tarragon vinegar is the only flavoring for tartar sauce. French cooks usually mix their mustard with Tarragon vinegar.

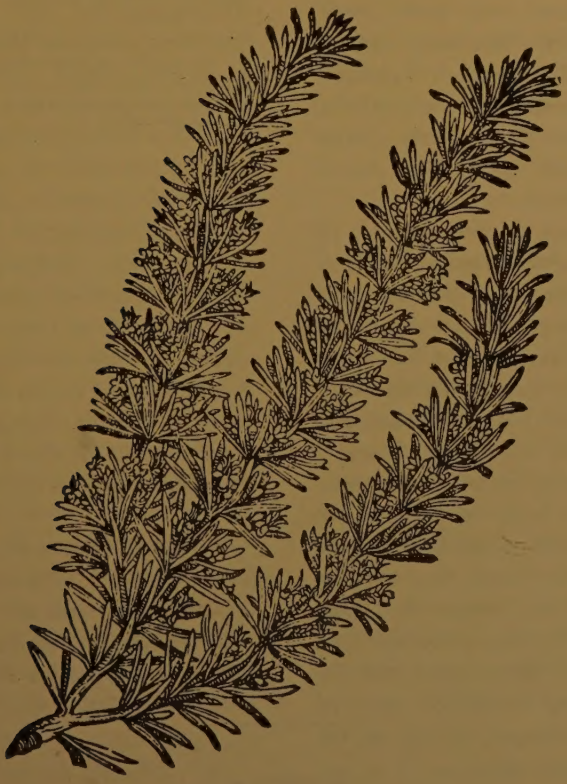
To me, Tarragon is a *must* in my garden. It is attractive and ever so useful. It is quite a favorite with my friends, too. At Christmas time, particularly, I have found that my Tarragon vinegar spreads good cheer.

Tarragon Sauce for Fish:

1 c. milk
3 tsp. lemon juice
2 tsp. capers (or nasturtium seed)
3 tsp. flour
½ tsp. Tarragon
1 hard-boiled egg.
Salt and pepper to taste

Stir the flour into ¼ c. of milk until well blended, add the remaining milk. Add Tarragon, capers, lemon juice, salt and pepper. Heat over slow fire, stirring constantly until sauce is proper consistency. Chop the hard-boiled egg and blend with the sauce. Serve with boiled or sauteed fish. Especially good with haddock, cod or halibut.

CATHERINE KIEFFER



Rosemary

MATTHIOLI, 1560

HERB VINEGARS

IT is suggested that pasteurized vinegars be used as the basis. Pasteurization stops the mother-forming bacteria. One may use white or red wine vinegars, cider or other fruit vinegars; malt vinegar prepared from sprouted cereal grains; white or distilled vinegars made by the acetic fermentation of dilute distilled alcohol.

Herb vinegars may be made in many varieties and combinations. The basic vinegar is infused with herbs, seeds, petals of flowers. Seasonings include Basil, Burnet, Borage, Tarragon, Thymes, Marjoram, Chives, Mints, Rose Geranium leaves, rose petals (these in a cider or distilled base), nasturtium flowers.

The time required for infusion of the vinegar varies according as fresh or dried herbs are used. If dried herbs are used, boiling vinegar should be poured over them; let stand ten days. If fresh herbs are used, either they may be placed in cold vinegar, corked and set aside, or the infusion put into a jar, set in a pan of water on the stove till the water boils, then removed, cooled, and corked. Fresh herb vinegar should stand for from two to four weeks. When the vinegar has stood the proper time, strain it through fine muslin or filter papers, and rebottle.

The following should be observed when making vinegars for sale or for competitive judging:

1. Vinegars for sale must be made under sanitary conditions. All herbs used must be thoroughly washed. Bottles must be sterile and new.

2. Criteria with Point Values for Competitive Judging of Vinegars:

Clarity (No foreign matter or cloudiness)	30 points
Flavor and Bouquet (Herbs predominant)	30 points
Packaging (New, sterile bottles)	20 points
Material (Perfect specimen of herb in bottle)	5 points
Presentation (Attractive container, or manner of decorating it)	10 points
Labeling (Label showing herb and vinegar used must be neatly done)	5 points
Total	100 points

Old Creole Recipe for a Spiced Vinegar —Vinaigre Aromatisé:

1 qt. cider vinegar; ⅓ oz. dried mint; ⅓ oz. dried parsley; 1 grated clove of garlic or 1 tsp. juice; 2 small onions; 2 whole cloves; 1 tsp. coarse pepper; corn of grated nutmeg; salt to taste; 1 tbsp. of sugar; 1 tbsp. good brandy. Add the above to vinegar and let stand three weeks. Strain and bottle.

Try a white wine vinegar with Sweet Basil, Lemon Thyme, Rosemary, crushed celery seed, and Lemon peel.

Try your own combinations, but do not have two prima donnas in your production.

JANE P. BLANK

THE SAVORIES (*Satureia hortensis* and *Satureia montana*)

THE Satureias comprise hudreds of varieties, but our concern is with the savories, both summer and winter savory, low-growing, fragrant shrubs native to the Mediterranean area. They greatly resemble plants of Thyme and Nepeta.

Winter Savory (*Satureia montana*) grows about twelve inches high, with woody branches, and small, dark green, shiny leaves. Its many small flowers of white touched with pink do not blossom all at once, but are starred over the plant. It is a hardy perennial which self-sows. Winter Savory is almost evergreen and, planted as a low hedge, keeps the herb garden attractive even in winter. It likes poor, light, well-drained soil. Clipping the shrubs will induce new growth and keep them from becoming spindly.

Summer Savory (*Satureia hortensis*) is similar but is an annual plant. It has reddish, hairy, branching stems, few leaves and pale pinkish-lavender flowers. It grows about eighteeen inches high, and the plants should be grown fairly thick as they tend to be knocked over by wind and storm. The leaves are small, long, narrow and downy—flowers come in midsummer. Seeds may be sown in the open as early as possible, but as they are minute they should be mixed with sand for easier, more open sowing. Summer Savory likes well-drained, moderately rich garden soil and does well in full sun, but it can gratefully use a little shade in the heat of the day.

Both Savories are excellent in the rock garden and for edging. They are used in soups, stuffings, and meat cookery, but Winter Savory has a stronger, ranker taste. Summer Savory is one of the most useful of the sweet herbs and tastes much like Marjoram, but with a more pungent, biting flavor.

Recipes Using Summer Savory:

Fried Red Beans—Pour the juice from one can of red kidney beans. Slightly mash the beans, so that the flavors may be absorbed into the body of the bean. Mince an onion and saute till golden brown in one or two tablespoons of bacon grease. Add beans, and ½ teaspoon of Summer Savory and saute till beans become crusty on bottom of the pan. Turn out on a plate, crust side up, and garnish with chopped parsley.

Simple Hot Hors d'Oeuvre — Place a thin slice of small yellow onion on a number of Saltines. Top with a mixture of Hellman's Mayonnaise (only Hellman's seems to work in this recipe) and sour cream to which you have added to taste, Summer Savory and celery seeds. Broil till bubbly.

REKA NEILSON FISHER

Mrs. Jesse Osborn's Punch:

Pour 1 pint boiling water over 4 sprigs each of Apple Mint, Orange Mint, Spearmint. Cover. Steep 15 minutes. Strain. Boil for 5 minutes ½ c. water, 1 c. sugar. Cool. Combine 1 c. pineapple juice, juice of 6 oranges, 2 lemons. Blend all with contents of 1 large bottle of ginger ale. Serve in tall glasses half filled with crushed ice. Top with sprig of Pineapple Mint for delightful aroma.

PARKINSON, 1640

CHERVIL
(*Anthriscus cerefolium*)

CHERVIL is a tall, hardy annual from one to two feet in height. Locally, it thrives in cool weather, moist soil rich in humus, and partial shade, preferably that of taller plants or on the north side of a building. Sow the seeds in early August for robust plants in about sixty days. They will remain green under leaves or snow until spring. In May the main crop may be cut, as the plants quickly bolt to seed and self-sow if left undisturbed.

Chervil with its fragile, fern-like foliage and froth of milk-white blossoms signifies joy and gladness.

We use three methods of preserving Chervil: dehydration, freezing, salting. This herb is used extensively by the French. It may be used in any recipe calling for parsley. It is always one of the four "fines herbes"; the second is chives, and the others may be Savory, Thyme, Basil, Tarragon, as you choose.

Herb Butter: For fish, chicken, freshly steamed vegetables, or on canapes.

¼ lb. (1 stick) sweet butter
1 tsp. (or less) lemon juice
2 tbsp. fresh chopped Chervil, or ½ tbsp. dried Chervil (If dried Chervil is used, add 1 tsp. chopped chives or parsley for color).

Have the butter at room temperature, cream it and add lemon juice slowly. Blend in the herbs.

EMILIE SCHEMM

FLOWERS FOR A FRAGRANT POT POURRI

PETALS are used in the making of pot-pourri.

Red: Rose, holly, geranium, bee balm, peony, bergamot, carnation.

Pink: Hollyhock, dittany of Crete, hyssop, rose.

Orange: Calendula marigold nasturtium, tansy, coreopsis, elecampane.

Yellow: Daisy, primrose, flag, camomile, mullein, cowslip, buttercup, yarrow, pansy.

Blue: Cornflower, borage, larkspur, Anchusa, pansy, forget-me-not, delphinium.

White: Feverfew, hollyhock, yarrow, pansy.

Violet: Heliotrope, foxglove, lavender, pansy, flower-heads of mint and rosemary.

Gray: Santolina, "Silver King" Artemisia, wormwood, southern-wood, peppermint geranium.

Green: Leaves of sweet-scented geraniums, sweet basil, sweet marjoram, bergamot-mint, apple mint, orange mint, lemon balm, rosemary, and, to be ordered from an importer, the Asian mint patchouli (for a musty odor which gives a mellow fragrance).

THE DRY METHOD OF MAKING POT-POURRI

Gather the choicest blossoms. Be sure they are thoroughly dry. Strip petals from blossoms and spread loosely upon a wire- or window-screen. Elevate the screen between two supports for the air currents to reach both sides of the petals. Place in a warm, shady room. Turn petals until they are chip-dry. Store in a covered jar or container. Immediately add preservative.

To make perfume stock for pot-pourri it is necessary to add a fixative which is a material to absorb and help retain the fragrant oils which are so volatile. There are two types of fixatives, those of animal and those of vegetable origin. The latter are more preferred for our purpose—crushed orris-root (coarsely powdered) or calamus root, or benzoin-siam. Orris is the least expensive.

To the fixative add an equal portion of mixed spices (cinnamon, nutmeg, allspice, and a little mace). Mix these together, add enough essential oil to create a fine lumpy mass. It should be neither too moist to allow the oil to seep over the petals, nor too dry to have the powdered fixative and spices dust the leaves. If properly mixed it will have the appearance of dampened cornmeal and when sprinkled over and through the jar will, in about one month's time, season each petal with a lasting bouquet and fragrance.

Oils for delicate scent of flower fragrance are: synthetic rose, orange flower, lavender, lemon verbena, jasmin, and a score of others. Experiment with the oils until you find a pleasing fragrance. To one gallon of petals (of which roses should make up two-thirds of the bulk) add about 3 tbsp. orris-root, 3 tbsp. spice mixture, and enough oil or oils to moisten.

Other ingredients which might be added to give fragrance are: coriander and cardamon seed (pounded in a mortar), tonka beans also pounded, clove heads, spicy slivers of orange and lemon rind, sandalwood shavings, vetivert root, cut into small pieces, dried orange flowers, lavender flowers, and patchouli leaves.

MARY E. BAER

POMANDERS

WEBSTER defines a pomander as "a perfume or mixture of perfumes, enclosed in a perforated box or bag, and carried on the person, to guard against infection." He referred to the historic pomander ball, which Rosetta Clarkson describes so well in her book, "Magic Gardens." And our own Mary Baer brings us right up to date by reintroducing the custom of making fruit pomanders as a charming adjunct of today's living. So here's a bit from both Rosetta Clarkson and Mary Baer:

The name derives from the early French—*pomme d'ambre* — denoting an apple shape, and perfume (ambergris).

In "pre-sanitation days," rich and poor alike were offended by evil smells at home and abroad, and shared the same fear of infection in crowded places. Those who could afford it used the pomander ball to help them endure the noisomeness of streets and public places, and to protect themselves from germs. The common "man in the street" carried and sniffed at sprigs of Rue or Rosemary, in order "to live above the foul and filthy air".

The well-off could enjoy the costly pomander, its richly ornamented case filled with rare perfumes, but as the fad grew those who were not well off began to make pomanders they *could* afford, by simply sticking cloves into oranges, which were cheap, easy, and produced the same result.

The word "pomander" applied to the perfume ball, as well as to its receptacle. The foundation of the perfume ball was plain earth, or "good garden mold", or fine white wax, to give it bulk. The desired perfumes and fixatives were added, according to the varying recipes of the day, and the whole formed into a mass or ball which was encased in a receptacle of wood, metal or ivory, usually globular in shape, about 2 to 3 inches in diameter, made in halves which were hinged and held together by a clasp, and perforated to allow the perfume to escape.

Some perfumes used were: lavender, sweet bay; essential oils of cinnamon, cloves, sandal, cedar, lemon, jasmine; the "sweet waters" of rose, jasmine, orange flowers; shredded fruit rinds—orange, lemon, quince; the exotic spikenard, betel nut, lignum aloes, tragacanth, costus, labdanum. *Fixatives* to retain these scents included benjamin (benzoin), storax, ambergris, civet, musk, powdered calamus root of sweet flag).

Pomander cases were of wood banded with silver, or more often, of silver or gold elaborately worked and bedecked with jewels. The pomander was a rich ornament and worn on a chain about the neck or from the belt.

It was the custom in early times to give New Year's gifts, and the pomander was a favorite offering. The wealthy could vie with each other in the lavishness of their gift pomanders, while those who could not afford costly perfumes in fancy cases gave instead pomanders made of oranges stuck with cloves.

Present-day sanitation and the end-

less variety of germicides, deodorizers and perfumes have made the pomander as defined by Webster obsolete, but the custom of making orange pomanders as the holiday season draws near has persisted throughout the centuries, and few of us can resist the old-world charm of the fragrant fruit pomander. This is how Mary Baer taught me to make them:

Mary Baer's Fruit Pomander:

"Use thin-skinned, firm, fresh fruit: orange, grapefruit, lemon, lime, kumquat, apple, quince, pomegranate, and large full-headed Madagascar or Zanzibar cloves.

"Indicate four sections on the fruit and stud each quarter with cloves, leaving about ½ inch between each section for tying on the ribbon later. Allow to dry for about a month or six weeks.

"When thoroughly dried, roll in a fixative spice mixture (coarsely crushed orris root with an equal portion of spices—cinnamon, nutmeg, allspice and a little mace—and a few drops of oil of clove). Leave in spice mixture a few days, then brush off and tie with ribbons."

EDITH BARON

THYME

THE word "Thyme" may be traced back to a Greek word meaning "to burn; fumigate." To the Greeks, the name of the plant itself became one with its use. Before the 8th century B.C., and the introduction of oriental incenses, fragrant herbs were used in Greece. They were stuffed into the bodies of sacrificial animals to dispel the odors of burning flesh.

The uses of Thyme's fragrance are wonderfully illustrative of all the significances of perfume—as propitiation, as medicine, and as fumigator. All uses are interrelated. The word "perfume" means the odor given off with smoke ("per fumum"). Thus perfume was literally the first incense. Thyme's name gives it primal importance in all these things.

Thyme was extremely common in Greece and flavored the famous honey of Mt. Hymettus, so important in food, cake offerings, and mead. Thyme was spread on graves. It was one of the "simples" of Hippocrates and its perfume was believed to have medicinal powers curing melancholia, splenic diseases, and nightmare. It gave courage to soldiers who bathed in its infusions. It was mentioned by Pliny, Theophrastus, Horace, and Aristophanes.

MEREDITH CARSON

MATTHIOLI, 1560

BORAGE

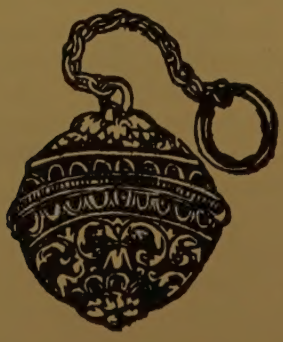
(Borago officinalis)

THIS annual is native of the eastern Mediterranean region. The plant grows about two feet high; its oval leaves are rough and hairy. The beauty of the plant is in its pure-blue flower clusters. Because these clusters droop and are seen best from below they should be planted at the top of a slope. The flowers are unusually rich in nectar, thus the plant is good for bee pasturage and is referred to as "bee bread". It is also given the name "star flower" because of its five-pointed blue blossom.

The cultural requirements of Borage are a dry, poor, light soil in a sunny spot. It is easily grown from seed, and the mature plants should be spaced 12 inches apart. Because of their delicate root systems, seedlings should not be transplanted but weaker ones should be thinned out. Borage flowers quickly after sowing and it can be sowed at intervals during the summer to keep a succession of bloom.

The flowers and leafy tops were used to make the beverage known as cool tankard, a mixture of wine, lemon cider and sugar. They are also steeped in such cold drinks as claret cup and negus, to which they impart a cucumbery flavor. The flowers alone can be floated in cold drinks for decorative value and can be used to garnish salads. Cakes and cookies can be decorated with candied borage flowers. The tender young leaves can be used as a salad green, or can be cooked like a vegetable. Miloradovich recommends cooking them with other greens, using half and half. Dried or fresh Borage leaves can be used to make herb tea to be served hot or iced.

ISABEL ADREON



A pomander: from an old woodcut.

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SOME FACTS ABOUT SHAW'S GARDEN

The Missouri Botanical Garden (the official name chosen by Mr. Shaw) carries on the garden established by Henry Shaw over a century ago at TOWER GROVE, his country home. It is a private institution and has no support from city or state. The old stone walls and cast-iron fences, the Linnaean House, the Museum, the Mausoleum, and the TOWER GROVE mansion all date from Mr. Shaw's time. Since his death, as directed in his will, the Garden has been in the hands of a Board of Trustees who appoint the Director.

The Garden is open every day in the year (except New Year's and Christmas) from nine A. M. until seven P. M. (April to November) and until six (November to April) though the greenhouses close at five. TOWER GROVE, itself, Mr. Shaw's old country home, is open from one until four. The Garden is nearly a mile long and has several entrances. The Main Entrance, the one used by the general public, is at Tower Grove and Flora Place on the Sarah bus line (No. 42). The Park Southampton buses (No. 80), direct from downtown, pass within three blocks of this entrance and stop directly across the street from the Administration Building at 2315 Tower Grove Avenue. The latter is the best entrance for students, visiting scientists, etc. It is open to such visitors after 8:30 a. m., but is closed on Saturdays, Sundays, and holidays. There is a service entrance on Alfred Avenue, one block south of Shaw Avenue.

Since Mr. Shaw's time an Arboretum has been developed at Gray Summit, Mo., adjacent to State Highways 50 and 66. It is open every day in the year and has two miles of auto roads as well as foot trails through the wild-flower reservation. There is a pinetum and an extensive display of daffodils and other narcissi from March to early May.